

EGRPS

EAST GRAND RAPIDS PUBLIC SCHOOLS

September 2018 Menu
Elementary

Welcome to another exciting school year with Grand Rapids Public Schools. We are happy to have you as customers and look forward to serving your children hot and nutritious meals again this school year. Please remember to complete your Family Meal Application online at: <http://egrps.mealapp.org>. A new meal application is required each year. The school meals served in your school are the best value in town. GRPS Nutrition Services is proud to partner with your school to offer the very best in nutrition for your child.




Meal Prices		
Lunch \$ 3.50	Reduced Meals \$.40	Milk \$.50
Adult Meals - \$ 4.70		

Adults and students who purchase meals, milk or a la carte items may still use My Payments Plus just like last year. Go to www.mypaymentsplus.com and register your self/student into the school meal pre-payment plan. This is a convenient way to securely keep your account paid in full and view your actual purchase history! If you have problems with this transaction please give Steve Slabbekoorn a call at 616.819.1662.

The USDA Food and Nutrition Service prohibits discrimination based on race, color, national origin, age, sex, or disability, in program access and delivery. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Ave SW, Washington DC, 20250-9410, or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer.

East Grand Rapids Elementary - September 2018

Meal Prices: Lunch \$3.50, Reduced Meals \$.40, Adult Meals \$4.70, Milk \$.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p>  <p>Labor Day</p>	<p>4</p> <p>Turkey Pepperoni Pizza Whole Kernel Corn Carrots w/ Ranch Fresh Apple Ice Cold Milk</p>	<p>5</p> <p>Apple Cinnamon Toast Turkey Sausage Veggie Juice Fresh Banana Ice Cold Milk</p>	<p>6</p> <p>Hamburger on a Bun Emoji Potatoes Cucumbers w/ Dip Fresh Kiwi Ice Cold Milk</p>	<p>7</p> <p>Soft Beef Taco Lettuce, Tomato, Cheese Refried Beans Tostito Scoops Fresh Grapes Ice Cold Milk</p>
<p>10</p> <p>Sloppy Joe Onion Rings Celery w/ Hummus Fresh Apple Ice Cold Milk</p>	<p>11</p> <p>Teriyaki Chicken Asian Rice Cherry Sidekick Pineapple Tidbits Ice Cold Milk</p>	<p>12</p> <p>Honey BBQ Dippers Macaroni & Cheese Romaine Salad w/ Matchstick Carrots & Ranch Corn Muffin Watermelon Ice Cold Milk</p>	<p>13</p> <p>Chicken Fajita Lettuce, Cheese, Pico Refried Beans Goldfish Crackers Fresh Banana Ice Cold Milk</p>	<p>14</p> <p>Three Cheese Calzone Ranch Potato Wedges Carrots w/ Ranch Fresh Peach Ice Cold Milk</p>
<p>17</p> <p>Chicken Tenders Soft Pretzel Cooked Carrots Cucumbers w/ Ranch Fresh Apple Ice Cold Milk</p>	<p>18</p> <p>Cheesy Beef Meatloaf Mashed Potatoes w/ Gravy Fresh Green Beans Dinner Roll Fresh Kiwi Ice Cold Milk</p>	<p>19</p> <p>Chicken & Cheese Quesadilla Fiesta Rice & Beans Romaine Salad w/ Tomatoes Fresh Banana Ice Cold Milk</p>	<p>20</p> <p>Cheesy Omelet w/ Biscuit & Jelly Potato Rounds Broccoli w/ Ranch Fresh Grapes ZeeZee Grahams Ice Cold Milk</p>	<p>21</p> <p>Tony's 5" Cheese Pizza Whole Kernel Corn Green Pepper Strips w/ Hummus Fresh Plum Ice Cold Milk</p>
<p>24</p> <p>Beef Teriyaki Dippers Dinner Roll Steamed Broccoli Carrots w/ Ranch Pineapple Tidbits Ice Cold Milk</p>	<p>25</p> <p>Chicken Drumstick Corn Muffin Red Roasted Potatoes Celery w/ Ranch Apple Slices Ice Cold Milk</p>	<p>26</p> <p>Pasta Rotini Bake Garlic Toast Romaine Salad w/ Garbanzo Beans Fresh Banana Ice Cold Milk</p>	<p>27</p> <p>Chicken Sandwich Sweet Potato Waffle Fries Cucumbers w/ Dip Fruit Cocktail Ice Cold Milk</p>	<p>28 2</p> <p>Beef Nachos Lettuce, Salsa, Cheese Ranchero Beans & Rice Fruit Sorbet Ice Cold Milk</p>

MUNCHERS - Available Sept 5th- Check with your school cook for ordering details

Lunch: Munchers & Sunbutter Sandwiches available as entrée choices. **Chef Salads** available at K-8 & K-12 sites.

Monday - Yogurt Muncher (Trix Yogurt, Hearty Granola, Blueberry Muffin, Carrots w/ Ranch & Dried Fruit)

Tuesday - Salad Muncher (Lettuce Blend, Shredded Cheese, Turkey Bacon, Tomato, Croutons w/Ranch, Sunflower Seeds, Cheese Crackers & Grapes)

Wednesday - Flatbread Muncher (Goldfish Flatbread, Turkey Breast, Swiss Cheese & Mayo/Mustard, Corn Salad, Roasted Chickpeas & Pineapple)

Thursday - Scoops Muncher (Tostitos Scoops, Land O Lakes Cheese Cup, Salsa, Refried Beans, Goldfish Grahams & Clementine)

Friday - Sunbutter & Jelly Muncher (Jelly Crescent, Sunbutter Spread, Cheese Stick, Celery w/Ranch, Apple Slices & Pretzels)

- All grain items are at least 50% whole grains.
- Ice Cold Milk (skim milk, 1% white or chocolate) from **Country Dairy** included with each meal or for .50¢.
- Salad bars available in K-8 & K-12 schools
- For more in-depth information on menus, nutritional analysis, contact information and related website links, check out our website at: www.grpublicschools.org/nutrition or use the QR code on the front of this menu.

* Menu Item Contains Pork

